



SCOV Pickleball Club Newsletter FEBRUARY 2023

<https://scovpb.org>

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PICKLEBALL RULES YOU SHOULD KNOW!

RULE 7 Fault Rules You May Not Know!



A Fault (and resulting dead ball) will be declared for the following:

- 7.J. After the serve, a ball contacting any permanent object before bouncing on the court.
- 7.K. Once the ball is in play, a player hitting the ball before the ball entirely crosses the plane of the net.
- 7.L. A player deliberately carrying or catching the ball on the paddle while performing the serve or during a rally.
- 7.M. A hinder called by a player that is determined by the referee to be invalid.
- 7.N. In non-officiated matches, players may carry an additional pickleball(s) as long as the ball(s) is carried in a way that the ball(s) is not visible to their opponent(s) during play. If an additional ball that a player was carrying falls on the playing surface during play, a fault shall be declared.



WHAT'S NEW ON THE COURTS!

We are in the process of re-arranging court assignments during the time period when Transitional and Beginners play occurs (1pm to 3pm on Mon, Wed and Sat) so that transitional players will have use of all 5 courts and beginners will take courts 6 & 7. Beginners will move to courts 6 and 7 as of February 4th.

Courts 6 & 7 will be added to the reservation system for member use. Those times that the tennis club asks for court 6 and 7 usage (such as for a tournament) will be blocked off from the reservation system once their request is approved by the pickleball club.

We can block usage of courts 6 & 7, if needed, for ladder and round robin play.

We are very fortunate that we are experiencing over 20% growth year after year, and we really appreciate the extra courts.

**SAVE THE DATE: 2nd Annual Pickleball Potluck Picnic on Saturday,
March 18 with Chuck Moses!**

3PM to 6PM

Front of Gene and Cindy Erickson's home on Crossbow cul-de-sac

Bring your own beverage, dishes, and utensils

And a Potluck appetizer, main dish, salad or dessert

**We will be taking RSVP's. Email announcement will be sent out in
February.**

CALLING ALL MENTORS!

We are seeking volunteers to be mentors during the three beginner's time slots. If you are a casual (with at least a year's experience at this level) or competitive player, we encourage you to share your expertise with our newest members so they can build the confidence and skills to play at the casual level.

If you are willing to be a mentor and/or have questions about the mentoring program, please email Jerry Franklin at jerryf782@gmail.com.

BEGINNERS....JUST FOR YOU!

During the three beginner's time slots each week there will be an experienced player (mentor) present to provide tips on serving, hitting and play strategy as well as providing assistance with scoring and answering general club policy questions.

If you are a beginner level player, we hope you will take advantage of this service to improve your game, gain confidence in your playing ability and meet other club members.

2023 ANNUAL MEETING AND SOCIAL!



Thank You to MaryAnne London and her team for their hard work in making our 2023 General Meeting a fun and informative event! And Thank You to our members for your generous donations to benefit the Sister Jose Women's Shelter!



How to Avoid Slips, Trips, and Injuries on the Pickleball Court

WEAR THE RIGHT SHOES

DC pediatricist Sheldon Laps says he commonly sees inversion ankle sprains from pickleball, injuries that occur when the foot twists upward and the ankle rolls inward, often the result of inappropriate shoes.

Many runners who take up pickleball assume they can play in running shoes: Don't!

Instead, wear court shoes. They are designed for pickleball, tennis and other sports that involve lateral movement.

“Many running shoes today have a ‘rocker’ sole, that is, viewing the shoe from the side, the forefoot of the shoe is curved up,” Laps says. “This aids push-off during running and walking. But the rocker type soled shoes should not be used to play a court sport. The side-to-side motion on a pickleball court increases the likelihood that the player will twist the foot at the ankle and thus, sprain the ankle.”

As with all sports, experts recommend warming up first-easy jogging or walking, or pedaling on a stationary bike to work up a light sweat-and stretching, “so you don't shock the muscles when you start doing game play.”

Other things to remember: If a body part hurts after the game, put ice on it for 20 minutes. Bring a water bottle, and drink frequently to avoid dehydration. If playing outdoors wear a hat with a brim, or a visor, and use sunscreen liberally. And use eye protection-there have been reports of eye injuries from being hit in the eye with a ball or paddle.

“Injuries are part of all sports,” says Greiner, who also plays. “But if you take the proper steps, pickleball is a great sport-even at a high level of play, there is less risk of injury than from many of our other traditional sports. And it's a fun game.”

Tips to Improve Your Play!

What to Consider When Purchasing a New Paddle

Are you ready to take your pickleball skills to the next level? You may want to consider upgrading your paddle. The right paddle can make a huge difference in your competitive edge and enjoyment of the game—whatever your reasons for playing. The founders of NYC Pickleball evaluated popular paddles that are appropriate for beginner to intermediate players. They considered how the paddle felt in their hands, swing speed and power, as well as comfort level. Here are some factors to think about when purchasing a paddle:

Thickness: A thicker core (at least 16 millimeters) offers more control, a bigger sweet spot (the paddle's bull's-eye), and more potential for spins, which make it more difficult for your opponent to return the ball. A thinner core (13 millimeters or less) offers more power, a smaller sweet spot, and less control.



Weight: A heavier paddle (8 ounces and up) adds power and stability but at the cost of hand speed. A lighter paddle is easiest for beginners to wield.

Shape: An elongated paddle offers more leverage for power, but a wider one (square-shaped) has a bigger sweet spot and more control.

Handle length: A shorter handle is good for table tennis players who like to choke up on the handle. A longer handle (at least 5¼ inches) sacrifices some hand speed but is more comfortable for tennis players and those with a two-handed backhand.

Surface material: Most paddles for beginner and intermediate players have fiberglass surfaces, which offer power. Carbon fiber and graphite surfaces give you more control and juicy spins.

Most important, a pickleball paddle should feel good when you hold it—not too heavy or too light—which means avoiding those made of wood or aluminum. Expect to spend at least \$40 on a pickleball paddle.

Whether you're just starting out, looking for more power, or want more control, consider these factors to find the winning paddle for you.

February Mystery Member ... Who Am I?

I was born and raised in Claymont, Delaware, an unincorporated town of 6000, mentioned twice by Joe Biden during his debates. Although my accent is from the East Coast, I have lived most of my life in Madison, Wisconsin. However, my last 8 1/2 years were spent at Rochester, Minnesota practicing non-operative orthopedics and performing ultrasound, guided injections.

I arrived at Mayo Clinic through a circuitous route, starting with a BS in chemical engineering at the University of Rochester, New York. I played collegiate basketball for two years and volleyball for three years and dabbled some in lacrosse. However, for the longest time volleyball was my main sport. That was put on hold when I decided to go to medical school also at University of Rochester after working 18 months as an engineer at Xerox Corp. I then completed my residency in orthopedics in Newark, New Jersey. This was followed by what I thought of as falling off the edge of the Earth, to go to University of Wisconsin, Madison for a sports medicine fellowship. Madison is a very active community and once I was there, I realized what a perfect place it was to live AND I met my partner there. We stayed and I worked as a general orthopedic surgeon with a sports medicine subspecialty for 24 years. I had the pleasure of caring for a Division III athletic department in my later years. Free time was filled with playing softball, golf and racquetball. We biked frequently and I played many hours of volleyball, both doubles, triples and team.

My pickleball experience started in 2016, my partner had started playing in the Madison area every Sunday. At that time, due to various shoulder issues, I thought all sports, except golf, were not in my future. Along came pickleball and WOW something I could play! Soon I was playing regularly on the weekends. It is such a joy to be able to play on a daily basis here (SCOV) with such a fun-loving and gregarious group.

We discovered SCOV via a local Madison friend who has been here for several years. We would take vacations in various places to see where we would want to return. We kept coming back to Tucson area annually. SCOV has a beautiful golf course, multiple clubs, well developed Pickleball, hiking and biking. Since my retirement on September 1 of this year and moving here in October, my partner and I have enjoyed many SCOV amenities, living the good life, with an occasional bump in the road, and a break here and there.

Can you guess who this mystery member is?

Going Pro!

Interested in knowing what it's like to go pro? Read this interview of Kyle Koszuta, who writes That Pickleball Guy, a publication documenting his journey to become a professional pickleball player in a year!

<https://on.substack.com/p/what-to-read-kyle-koszuta-thatpickleballguy>



Did you guess who our February mystery member is? Thank you, Holly Duck, for sharing with us!